

-----Original Message-----

Date: 10/28/2002 04:25 pm (Monday)

From: Plotkin Millie <voicesnotbodies@yahoo.com>

To: FTC.SERIUS("weightloss@ftc.gov")

Subject: "Advertising of Weight Loss Products Workshop - Comment, P024527"

The workshop seems to be focusing a lot on obesity, but little is mentioned about anorexia and bulimia. It is very important to realize that people with eating disorders are prone to diet pill addiction because of the overwhelming fears of weight gain.

I was bulimic for several years and took diet pills on and off for about three years. During one period of about six months, I was taking 2 Dexatrimms a day, even though the listed dosage was one pill. The very idea of feeling hunger sometime led to panic and one day I took 3 pills. A couple hours later I was close to having a stroke. Though this experience stopped me from every overdosing again, I continue to use diet pills for some time. Even the idea of becoming paralyzed or even dead was not enough to stop me.

My diet pill was actually very mild. I have friends who swallow these pills by the box. One is Brandy Johnson, who wrote the following. She is a nurse and knows how much damage she is doing to her body. However, her anorexic urges have been too strong to stop the addiction.

> "Lose ten pounds in one week." No need to exercise! Eat whatever you want." This statements  
>from well know diet products know how to get into the heart of every person suffering from an  
>eating disorder. I should know. For the past five years I have spent up to five thousand dollars  
>on the hopes of losing the last five "fake" pounds that still to this day haunts my anorexic mind.  
>The more of these products I would take the more that I needed. No where on these bottles do  
>they say that you will build up a tolerance and your body will require more and more to have the  
>same effects. No where on these bottles do they say that the more you take the more likely you  
>are to go into cardiac arrest and die. When I began taking diet pills I was overweight due to a  
>long battle with Bulimia. These pills seemed like the ticket out for me. Take a pill and I would no  
>longer feel the need to binge. One turned to five then it turned into a box every two days. Many  
>diet products contain components that are addictive in nature. In the popular diet product  
>Hydroxycut the components in it such Ma-Huang, Ephedra, and an increased amount of  
>caffeine, but also contain a diuretic which leads to a double punch of addiction to it and also a  
>>false weight loss of water weight. This is what because the abuse in these products in  
>anorexics likes myself. Right now I am still taking this, because I can not stop. I have chest  
>pains and near black outs due this product.

>

> These kind of products need to be taken off the market, and only diet product that needs be in  
>use is under doctor supervision in which people can stay safe.

>

> Brandy Johnson,

> Mississippi

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